

MIAMI SPRINGS SENIOR CENTER

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

➤ **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.–12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.

➤ **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Stacey Reppas, the program's consulting Registered Dietician, and the Elderly Services Director.

➤ **HEALTH SUPPORT ACTIVITIES:**
All students must be registered in the senior center's congregate meal program to participate in the following:

▪ **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00—10:30 a.m.
Classes are held at the Senior Center.

▪ **"LET'S DANCE!" CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 –11:00 a.m.
Classes are held at the Senior Center.

• **FLOOR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 –11:00 a.m.
Classes are held at the Curtiss Mansion.

• **"CELEBRATION" WORKOUT CLASS**
(Instructor: Natasha Salmon-Cogno)
Fridays.....9:00 –11:00 a.m.
Class are held at the Senior Center.

• **TAI CHI FOR ARTHRITIS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30—1:30 p.m.
Classes are held at the Optimist Club.

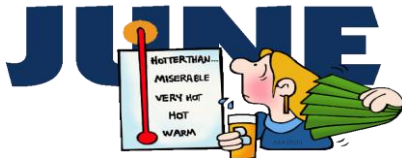
➤ **RECREATION ACTIVITIES:**
All students must be registered in the senior center's congregate meal program to participate in the following:

• **DRUMMING FOR SENIORS**
(Instructor: Alisha Ross)
Mondays.....12:45—2:15 p.m.
Classes are held at the Senior Center.

• **ART FOR SENIORS**
(Instructor: Natasha Salmon-Cogno)
Wednesdays & Fridays (as indicated)
12:30—2:00 p.m.
Classes are held at the Senior Center.

➤ **TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping and carrying- packages. Field trips to area stores and other places of interest are planned each month.

➤ **RECREATION:** Recreational and social activities planned for June include: Bingo games (6/1, 6/8, 6/15, 6/22 and 6/29), a Rummage and Baked Goods Sale (6/2), the monthly birthday and anniversary party (6/18), a Father's Day Celebration (6/19) and a field trip to Wal-Mart (6/25)..



EDUCATIONAL PROGRAMS SCHEDULED:

"COUNCIL REPORT" – On 6/3 at 12:15 p.m., Councilman Bob Best will provide information on recent Council actions and topics of importance to the citizenry.

"NUTRITION ISSUES FOR SENIORS" – Leon Medical Centers will sponsor a program about nutrition on 6/10 at 12:15 p.m.

"KEEPING FOODS SAFE TO EAT" – As seniors are at a greater risk for acquiring a food borne illness, a presentation on proper food safety practices will be made on 6/12 at 12:15 p.m.

"IMPORTANCE OF HEARING" – On 6/16 at 12:15 p.m., Humana Health Plans will sponsor a program on hearing to be presented by Hear-X.

FREE TELEPHONES FOR THE HEARING IMPAIRED -- On 6/23 from 11:00 a.m.—1:00 p.m., a representative from the Hearing and Speech Center of Florida will be at the City's senior center to distribute AMPLIFIED TELEPHONES at no charge to those with verification of hearing loss and proof of Florida residency.

"CRIME WATCH" PROGRAM -- Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will conduct the monthly Crime Watch Meeting at the senior center on 6/24 at 12:15 p.m. and provide information on recent local criminal activity.

"IDENTITY THEFT" -- On 6/30 at 12:15 p.m., Emir Hernandez, Program Specialist with the office of the Attorney General, Pam Bondi, will provide valuable information on identity theft.

FREE HEALTH SCREENINGS:



Free BLOOD PRESSURE SCREENING: Registered Nurses from the Miami-Dade Health Department will provide free blood pressure screening and individual counseling on 6/11 from 10:00 a.m.—11:30 a.m..

Free HEARING SCREENING: Hear-X will conduct free, early hearing screenings for those with an appointment on 6/16 from 10:30 a.m.—12:30 p.m.

FOR FURTHER INFORMATION
on any of the services and activities
offered by the
City's Elderly Services Department,
please **CALL US!**



(305) 805-5160



CELEBRATING BIRTHDAYS:

Ezequiel R.....	2
Michael M.....	6
Alice G.....	6
Bonita C.....	7
Suzanne S.....	9
Dina de P.....	12
Toni M.....	13
Fred S.....	14
Maria C.....	14
Gladys G.....	17
Iggy M.....	17
Bill C.....	25
Bill S.....	27
Ken W.....	29
Juan S.....	30



Monday, 6/ 1

Monday, 6/ 8

Monday, 6/15

Monday, 6/22

Monday, 6/29



Fundraiser for the
Miami Springs/Virginia Gardens
Senior Citizens' Club:

June 2nd

12:15 – 1:30 p.m.

(All proceeds go to the Club)

FATHER'S DAY CELEBRATION
Monday, June 19th at 12:15 p.m.



FIELD TRIP: WAL-MART

Thursday, June 25th

1:15 p.m. -- 5:00 p.m.

\$.50/person (16 may go)



The Florida Division of Driver's Licenses will be available at the City's **SENIOR CENTER** on **Wednesday, June 17th**, from 9:30 am—2:30 pm. to renew **FLORIDA DRIVER'S LICENSES & State ID CARDS**. Check with the Community Policing Office or visit www.GatherGoGet.com for information on the required documentation.